



Winnipeg's Railway Museum has plans to reopen and the renovation plans are now full steam ahead.

Read more about this on page 14.

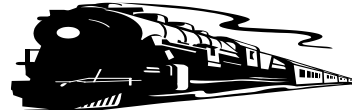
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CN Pensioners Association of Manitoba

Meetings held at 2:00 p.m. on the 1st Wednesday of the month except for the months of July, August and December. Location of meetings (unless otherwise stated under our Special Events article) is at CN's Claude Mongeau National Training Centre (CN Campus), 650 Pandora Avenue East, Winnipeg.

www.cnpensioners.ca
www.facebook.com/cnpensionersmanitoba



April 2023

President's View - Ron Davis



NATIONAL
DAY of
MOURNING



This day, held annually on April 28th, was officially recognized by the federal government in 1991, eight years after the day of remembrance was launched by the Canadian Labour Congress.

The Day of Mourning has since spread to about 80 countries around the world.

The April 28th Day of Mourning is a time to remember those who have suffered or died through workplace injury and illness.

Our thoughts are also with their families, friends and colleagues.



Claude Mongeau Training Center



The following members have moved. If anyone knows where they have moved to, please let the membership chair or any of the executives know so we can keep the data base up-to-date.

The member should call **CN Pension HELP at 1-800-361-0739** to make address AND phone number changes.

Evelyne Alderson
 Kerry Alderson,
 Caroline Andreyczuk
 c/o Irene Andreczuk
 Wayne Antaya
 Sheila Daly
 Denise Doner
 Robert Dunlop
 Mary Fedchuk

William Field
 Dorothy Frederick
 Erwin Freiling
 Edward Fullerton
 Ronald Greenaway
 Garry Hughes
 Judy Jopling
 Ray Joss
 Hortense Lamoureux

Terry Lamoureux
 Audrey Kramble
 David MacKay
 Rizalino Mapue
 Sharon May
 Dan McConachy
 Patricia Mushie
 Verna Nelson
 Amelia Neufeldt

Eugene Picklyk
 John Reimer
 Albert Rodrigues
 David Stachowich
 Doug Stephen
 Michael Stevens
 Gertrude Unger
 Matti Vork
 Marjorie Warney

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Claudette McCrindle,

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CNPA National Level

Bruce Anderson - Director

Joanne Gaborieau - Director

Patrick McMullin - Alternate
Director

Joanne Gaborieau - Pension and
Health Committee
Representative

Membership Report - Joanne Gaborieau

Regular Membership	- 3380
Associate Members	- 15
Age Exempt	- 9 (100 years of age & older)
Total Paid Membership	- 3404

*Welcome to the following New Members. Hope to see you out at the meetings.
We look forward to your participation in the Association!*

John Lindsay Antoniak
Rhonda Balciunas
Donna Barda
Mildred Brown
Dale Cosme
Phyllis Cottes
Patricia Dare
Kevin Drennan
Bunny Lea Dromo
Carla Dunphy
Debra Friesen



Calvin Henderson
Virginia Johnson
Kathleen Kinal
Brenda Kinnaird
Rose Korozsi
Al Lawrynuik
Florence Lesiuk
Peter A. Luchik
William Malazdrewicz
Gerret McKane
John Nykoluk



Tex Palyszniuk
Joe Pawlow
Kathy Price
Elton Mark Riel
Alan Ryder
Neil Scheirich
Audrey Sedens
Shirley Skochylas
Marguerite Urso
Wayne Vlooswyk

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We invite spouses to become associate members so that they can enjoy all the benefits of the association including the privilege of voting.

First Time Attendees & New Members:

A hearty welcome to all new members and an especially warm welcome to those who have attended their first General Meeting where they received a Pensioner's pin:

January: Garry Kaban, Harry Giesbrecht, Don Declercq, Diane Ilchyna, Elton Mark Riel, Dave Russell and Bunny Dromo

February: Curtis & Cindy Shymko, Darryl DeSerranno

March: Shannon Chunick

Hope to see more new faces at future meetings!

Birthday Draws: **December:** Brian Wood

January: Garry Bell

February: Dale Goodfellow

March: Roy Asselstine

Attendance Draws: **January:** Sandra Seal and Don Declercq

February: Roberta Cornock, Ted Halowaty

March: Linda Smallwood, Bohdan Bontey

Door Prize Draws: **January:** Gus Conci, Dave Allen, Denys Audette, Patrick McMullin

February: Lawrence Kozakewich, Mike Shewchuk, Donna Kowalski, Marion Molnar

March: Bohdan Bontey, Roy Asselstine, Ron Davis, Carol Dunford.





Special Events - Ernie Yakiwchuk

Location of meetings (unless otherwise stated below) will be held at the **Claude Mongeau Training Center (CN Campus), 650 Pandora Ave. East - Transcona.**

There is no parking available in the Campus lot. Please park in the East End Arena parking lot across the street.

**** Dress Code in effect (no sleeveless shirts, shorts or sandals). ** Doors open at 1:30 p.m. (in order to allow students to finish lunch). Meeting starts at 2:00 p.m.**

If you are interested in helping out in any way, please contact Ernie at 204-254-1441.

May 3rd - Danielle Diona from Vision Loss Rehabilitation will be speaking on vision loss for seniors.

June 7th - The general meeting will be held at the Royal Aviation Museum of Western Canada located at 2008 Wellington Ave, Winnipeg

NOTE: In order to attend, you must purchase a \$5.00 ticket (CASH ONLY) in advance at the May General Meeting only. The Museum supplies the first 100 guests a promotional offer.

There is NO meeting held at the CN Campus on Wednesday June 07th



CN Pensioners Association of Manitoba will be holding their **9th Annual Picnic & Bocce Ball Tournament**, Thursday, June 15th at St. Vital Park under the Aspen/Oak Shelter (RAIN or SHINE). This shelter is located at the south side of the park along the park roadway with the green space, providing ample parking and washrooms. The Bocce Ball Tournament will start at 11:00am to 3:30pm with lunch being served at 12:30.

The cost of the tickets are \$5.00 each, non refundable, for contributing members & their spouses. Ticket sales will be available on May 5th at the general meeting at the CN Campus and on June 7th at the general meeting at the Royal Canadian Aviation Museum. For those unable to attend these meetings you may purchase tickets by contacting **Ernie Yakiwchuk @ 204-254-1441**. Calling in for tickets may be done only between the 2 general meeting dates with deadline of June 7th.

Please bring your lawn chairs, sunscreen, hats and mosquito repellent as we will hold this event, rain, or shine. We will have plenty of bottled water and refreshments for all. Draws for prizes. Come & join us for

fun,
&

food,
prizes



NOTE: The picnic location had been changed to the above location due to the Pavilion parking lot construction at Assiniboine Park therefore the tent will not be set up for the 2023 season.



Outreach Chair's Report - Rose Chapman 204-832-1105

Mail Outreach info to 186 Windham Rd, Wpg, R3J 3B8 or
email: rchapman17@shaw.ca

Outreach Committee:

George Lintick	204-254-1032	Albert Delbaere	204-256-8419
Linda Ksionzek	204-669-8308	Jack Moore	204-224-1019
Carson Hull	204-269-2692		



*Please contact any member on the Outreach Committee with information on pensioners who are hospitalized, or ill at home, and on those who have had or will be celebrating **special birthdays** or **milestone anniversaries**.*

Remember - please keep us informed!

HAPPY BIRTHDAY WISHES TO:

Roy Asselstine – 70 March 22nd
Ken Butchart – 85 August 13th
Mary Butchart – 80 August 24th
Adeline Clement – 82 March 8th
Adrien Clement – 81 June 17th
Carmina Da Silva – 101 June 16th
Dean Danforth – 90 July 15th
Bernice Dimond – 80 July 27th
Anna S Duncan – 100 May 9th
Rheal (Ray) Dupuis – 80 May 5th
Lawrence Ezowske – 95 June 20th
Dale Goodfellow – 68 February 4th
Larry Golis – 63 June 15th
Gerdur Harris – 103 August 25th
Marion Hill – 95 December 24th
Len Jackson – 95 June 10th
Marjorie Jacobson – 90 August 7th
Juliette Kozun – 85 May 2nd
Janet Lewis Anderson – 70 April 24th
W. Richard Macken – 75 June 21st

Jim Magill – 101 July 7th
Jack Melville – 83 May 18th
Ken Poersch – 90 February 22nd
Marcel Ratte – 76 April 10th
Ernest Sailor – 95 June 8th
Faye Serofin – 88 August 21st
Isabel J Shaw – 100 May 4th
Murray Squires – 80 June 30th
Betty Steffens – 96 February 20th
Freeman Stevenson – 92 January 28th
Buck Tideman – 89 April 9th
Brent Tingey – 75 August 26th
Larry Trush – 80 April 7th
Trevor Wilson – 76 July 9th
Clyde Wood – 58 December 31st
Fred Zastre – 95 July 2nd

HAPPY ANNIVERSARY WISHES TO:

David and Sylvia Allan – 55th June 29th
Ed Barker and Linda Barnes – 7th Sept 4th
Adrien and Adeline Clement – 60th July 27th
Henry and Anne Compain – 60th August 3rd
Brian and June Croxford – 65th April 22nd
Bill and Marlene Gerelus – 60th May 4th
Joe and Dolores Gozda – 60th June 29th
Ken and Lorna Ivanyshyn – 58th August 28th
David and Nancy Kane – 46th June 22nd
Alexander and Juliette Kozun – 60th June 22nd
Claude and Irene Martin – 50th May 19th



Gordie and Donna Moar – 60th June 28th
Jack and Bev Moore – 45th June 3rd
Bill and Karen Rayner – 55th May 25th
Ernest and Florence Sailor – 75th June 18th
Mike and Diane Shewchuk – 57th July 23rd
Buck and Shirley Tideman – 63rd March 4th
Peter and Marilyn Tkach – 60th July 22nd
Ernie and Gwen Yakiwchuk – 42nd June 13th

Happy
Anniversary

On behalf of all CNPA of Manitoba members, we wish you all the best on this milestone.

To those previously mentioned on our Sick List, we hope that you are feeling much better, and well on the road to recovery. To those who are currently ill or still experiencing health problems, please know you are in our thoughts. The membership joins us in extending Best Wishes for improved health and a speedy recovery. We have received reports and updates on the following Pensioners since the last newsletter:

Sick list:

GET WELL SOON!

Ken Carroll underwent a double lung transplant recently. The surgery went well and he fully expects to be back on the links by June.

Joe Dubanski broke his hip in late December. He's recuperating at home after spending two months in hospital. He is the proud great grandfather of two great grandsons, both born in January, a year apart.

Hal Rubin fell in mid-December and dislocated his shoulder. He's back home in the Simkin Centre where he's managing very well.

Obituaries: *The following pensioners have passed away since the last report:*
(* denotes contributing member of the Manitoba Pensioners Association).



Douglas Ronald Arklie*
Doris Atchison
Florence Bain*
Leo Balciunas
Luba Bangart*
Kokila Banker*
Julianna Baricz*
Verna Batenchuk*
Teresa Batten*
Yvette Battick*
Anthony Bezdek*
Lillian Bigourdan, *sister of Alice Bigourdan**
Ted Bockstael, *brother of Allan Bockstael**
Tibor K Boda*
Mary Brownlee*
Aline Buraczewski
Raymond Burns
Glen Bynkoski*
Marcel Cherlet, *brother of Ray* (Joyce*) Cherlet*
Sandy Clarke*
Joe Cosme*
Lloyd Cottes*
Madeleine Cournoyer*
Lorraine Cyr*
Maria Dacosta
George Dare*
Denis Delorme*
Jean Denny*
Rolande (Marie) Dever
Karen Drew*
Tannis Duerinckx, *wife of Ray Duerinckx**
Herman Dunphy*
Dawn Dupuis, *wife of Arnie Jackman**
Allan Eklund*

Alexander Emro*
Leslie Eori*
Glen Fidler*
William Foster*
Anna Friesen
Rosanna M Fulthorpe*
Ronald Gibson*
Helen B Goldstrand
Verona Gosselin
Mitchell Green*
Victor Guarino*
Carl Hamilton*
Nick Hanuschuk*
Edward Harlos*
Anna Hawryshko
Melvin Hooper*
James Horton*
Lionel Hould*
Ewald Jabs*
Adele C James
Therese Kilworth*
R Francis Kinnaird*
Balazs (Bill) Korozsi*
Marie J Kowalski
Jan Kubicek*
Gerry Larocque*
Louis Larocque*
Paul R Legault*
Walter Lesiuk*, *husband of Florence Lesiuk**
Claudette Letain*, *sister-in-law of Art Letain**
Robert Leveque*
Mary Lewyc*
Garry Lucko*, *husband of Florence Lucko-Bezdzietny**
Jo-Anne MacCoy*

Ruth MacPherson
Mark Malashewski*
Bernice A McCrea*
Dorothy McMillin
Leslie Moroz
John Neilson*
Minnie Neyedly
Jean Niewczas
William F Noble*
Margaret Oakley*
Angeline Olafson*
Ruth E Olafson
Elizabeth Orford*
Joanna Penton*
Victor Potolicki*
Suzanne Prince*
Dorothy Prochuk
Roberta Reilly*
Wendell Richter
Patricia T Skelly*
Steve Skrybalo*
Leonard J Spitznagel*
Wallace Staub*
G. Margaret Stephen*
Donna Stevenson*
Erica B Tokar*
Tom Town*
Ted Vandal
Gerard Vermette
Clinton Wait
Gerald Wait*
Joseph Windross*
Clyde Wood, *father of Clyde A Wood**
Irene Young
Joseph Zacek*
Robert (Buddy) Zelinsky*



The CN Pensioners Association of Manitoba extends our sincere condolences to the family and friends of the deceased.



Health Care Report - Joanne Gaborieau

Health Care Representative

Health Care Committee



Comité de soins de santé

Health Care Matters - Quick Hits

The **Health Care Plan for CN Pensioners** brochure is complex, there are lots of pages and it is tough to find what you need. Here are a few informative hints to help maximise your benefits.

Get 100 not 90

You are entitled to 100 pills for most prescriptions. Get your Dr. to prescribe the max and you will save a bit more each time.

Snowbirds and Medications

Most provinces now allow up to a 200 day supply of travel prescriptions and our Plan does as well. HOWEVER you need to plan in advance as each province has different rules as do some pharmacies. Two or more weeks before your trip south, talk to the pharmacy and if necessary call the number on the back of your Card to see what is required.

Maximize your Deductible

Most of our members pay the lower Option premiums but have higher deductibles for their extended health care (EHC) benefits. When you need to use one of these benefits and pay all or part of your deductible, review the plan brochure for other items you may need and make sure you buy/claim them in that same calendar year. READ the brochure to see all your entitlements.

Massage Therapy & Doctors Prescription

While you don't need a prescription for most EHC specialists, you need one for Massage Therapy. It is good for one year only and you will then need another Doctor recommendation.

Need a Special or Unusual Vaccine

Shingles, Pneumonia, Yellow Fever, Hep A/C or others. If your Doctor prescribes one of these OR you are travelling to some far off third world country, these can be a real added cost. Unlike most Plans ours covers these kinds of vaccines up to a max of \$500 per year. Ask your Doctor or Pharmacist about what your needs are.

Going into the hospital

Most of our Plan options cover semi-private rooms. In some cases, the hospital will ask you before being admitted if you have coverage and do you want this room if available. If you say YES and you get lucky and get the room, they will charge you and you then claim some of that cost back. However, if you say NO and you still get lucky and get a semi private room, there is no cost to you. Remember your hospital deductibles as well.

Do You Really Need Eye Glasses

Consider this – If you're in Option D, it provides 1 pair of glasses every 3 years for up to \$200. Option C1 has exactly the same deductibles BUT no eyeglass coverage. When you get your renewal letter next November, look at the difference in the rates between D and C1 and see if you are getting the value for the cost. You might be surprised what you see! By the way, same holds true for C2 and C3, same general coverage, higher deductibles, but lower monthly costs – figure out what is best for you.

Read the Brochure

I want to encourage you to read the Brochure. Yes it is boring, but if you want to maximise your benefits it might be helpful.

The **Plan Brochure** is on the CNPA National Website – CNPENSIONERS.ORG under **HealthCare** and **Blue Cross**.

Remember – Our Plan is fully funded by your premiums only and is managed by volunteer CN Pensioners. Medavie Blue Cross merely administers your claims on our behalf. Normal inflation is causing Drug and EHC costs to rise every year, just like your hydro and other bills. We are trying to keep the increases to a minimum while maintaining benefit coverage levels.

Did you receive your newsletter by mail this time? Do you have a computer or tablet? Are you connected to the Internet? Do you have an email address? If you can answer "Yes" to these, please consider changing from a mailed copy to an emailed copy, rather than by Canada Post. Send your request to CNPAMANITOBA@gmail.com



Mary Bretecher is the spouse of Charles Bretecher (B&S supervisor on the Hudson Bay area) who retired in 1984.

Mary was the mother of 7 children and has many grandchildren and great grandchildren. She is the mother of Ed Bretecher (Material Manager in the Winnipeg area) who retired in 2004.

Mary resides in St. Paul's Personal Care Home in Dauphin, MB, and is doing reasonably well for her age. She ran Rainbow Camp in Toutes-Aides, MB

most of her life there, while Charles was away at work, as well as doing the mail run twice a week to Meadow Portage, MB.



Mary and Charles' doors were always open to everyone for a coffee, tea, or a chat without any time limits.



Agnes Sylvia Giasson was born in St. Boniface on March 29, 1923, and baptized and registered as Marie Agnes Sylvia Tetreault. Her parents and all of her siblings have passed away.

Her husband Leo Emile Giasson was also born in St. Boniface on April 2, 1917, and started working after high school at the CN Fort Rouge Shops. He was later transferred to the Symington Yards and assisted in the development and construction of it. He later transferred to the Transcona Shops as a supervisor and eventually had to take early retirement because of health/heart issues. He died at the St. Boniface Hospital on November 17, 1983.

Agnes and Leo were married on April 20, 1944 and resided their entire lives in St. Boniface. They had 5 children, Robert (Bob), Paul, Jacqueline (Lynn), Claude and Gilles. All her children married and produced twelve grandchildren and fifteen great grandchildren.

Agnes was a stay-at-home Mom until her two youngest children were of high school age. She found a job and became a receptionist for a medical doctor in St. Boniface until her retirement.

After Leo's passing in 1983, Agnes found it too difficult to maintain the family home and moved to an apartment unit within St. Boniface and lived there until 2017. After numerous tests, the hospital doctors felt it was unsafe for her to remain living alone and recommended she be placed in a care home, also in St. Boniface and she remains there.

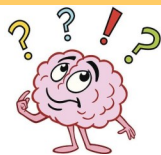
Her health has seriously diminished since COVID and the residents there spent months without visitors. She is no longer able to see, and her hearing is very limited.

Agnes is very appreciative of the 100th birthday gift from the CN Pensioners Association of MB and proud of being made a member of the centenarian club.



On behalf of the CN Pensioners of Manitoba, we would like to also acknowledge the following Centenarian for reaching their milestone.

Erma Murray reached her 100th birthday on April 8, 2023. Unfortunately, we did not receive further personal information in time to include in this publication.



Canadian Trivia Questions and Fun Facts Quiz for Seniors

Let's face it, Canada is a pretty great country. We've got everything from gorgeous natural scenery to delicious food. From the towering heights of the CN Tower to the depths of Niagara Falls, Canada has a lot to offer. These trivia questions will test your knowledge of all things Canadian!

1. Founded in Quebec, what is the French name of the private entertainment company which has sold over 100 million tickets for its unique blend of continuous live music and circus-like acrobatics?
2. Fin the Whale, an anthropomorphic orca, is the official mascot of what Canadian NHL team?
3. What white tri-petal woodland flower is the official flower of Ontario?
4. Happy Valley-Goose Bay is the name of the largest town in what region of Canada, which is combined with the island of Newfoundland in the name of one of the country's provinces?
5. Located in Alberta and established in 1885, what is the oldest national park in Canada?
6. As of 2020, Canada has hosted two Winter Olympic Games. Name both cities that hosted.
7. Screech is an alcohol most closely associated with what Canadian island?
8. What fort in its namesake Washington city was a 19th-century fur trading post and headquarters for the Hudson's Bay Company's Columbia Department? It shares its city name with a large city in British Columbia, Canada.
9. What country has the longest total coastline in the world? We're talking about coastline on the border of a country, not all the internal coastlines that make up lakes and rivers.
10. What became Saskatchewan's official sport in 2001? As of 2018, there have been 60 Men's World Championships for this sport and Canada has won 36 of them, followed by Sweden and Scotland?
11. Which U.S. state shares the longest border with Canada? The total comes in at over 1,500 miles.
12. What billionaire entrepreneur and philanthropist attended the University of Pretoria in his native South Africa before moving to Canada to attend Queen's University before finally transferring to the University of Pennsylvania where he earned dual bachelor's degrees in economics and physics?
13. Thistles and a unicorn take up space in Canada's coat of arms repping which U.K. constituent country?
14. The article of clothing known as a "bunnyhug" in Saskatchewan is typically known by what other name throughout the rest of Canada and the US?
15. Gaining a love for music in the Little Burgundy community of Montréal, Oscar Peterson became a jazz legend known primarily for tickling what instrument?
16. English is the most-spoken language in Canada. French is second. What language is third?
17. National Indigenous Peoples Day has been celebrated as a national holiday in Canada on June 21 since a 1996 proclamation by the nation's Governor General. In part, this date was chosen because it is the date of what annual celestial event?
18. Canada Day is an annual holiday celebrated on July 1st each year to commemorate the nation's birth as an independent state. Prior to 1982, what was the name of this holiday?
19. Canada is the second largest country in the world by area. Russia is the first largest. What country is third? As a technical note, we're using the areas which exclude territorial and coastal waters.
20. Owned by The Woodbridge Company of Toronto, what Monday-to-Saturday newspaper with two nouns in its title is the most popular in Canada?

(Answers can be found on page 14)

Honoring The Sodomlak / Gendron Family Long time Educators and Railroaders in Transcona

As a tribute to their late Grandfather Lewis Gendron, in 2016 the children of Jean Sodomlak submitted their Grandfather's name to be used as a street name in the Transcona area. They had initially hoped the street naming would be in time for the celebration of their Mother's (Jean Sodomlak) 85th birthday in 2017. Finally in 2022, the family was notified that the street name "Gendron Way" was to be included in a new residential site in East Transcona.

Lewis Erwin Gendron (1896-1973) originally from Ontario, came to Manitoba in 1922. Graduating with a Bachelor of Arts Degree in English and History, Lewis' teaching career spanned 47 years which included 12 years at Transcona Collegiate (Central School) and 15 years at Miles MacDonnell. During those years, he lived both in Transcona (Winona Street) and East Kildonan (Kimberly Street).

Lewis served his community in many capacities. He was the First President of the Transcona Curling Club. He served on the Vestry of St George's Anglican Church in Transcona, was a member of the Transcona Masonic Lodge, served as the Treasurer of the Manitoba Teachers' Society for 27 years, served as the Secretary of the Native Sons of Canada for 18 years and 2 years as President. Lewis was a man committed to education and the community to which he belonged. Three of his grandchildren have followed him into Education as teachers and school administrators.

The CN Connection: Lewis' daughter, Jean, married Walter Sodomlak in 1953. They were original and long-time residents on Ravelston Avenue West in Transcona where they raised a family of five: 4 daughters and one son. Both Jean and Walter were well known in the Transcona community where they fostered many lifelong friendships.

Walter Sodomlak was a long-time employee of CN working in the Motive Power Shops in Transcona for 38 years retiring in 1985, sadly passing away in 2003. Jean also worked at CN for a total of about 13 years, in the Stores Department in Transcona as well as in the CN Tax Department. Their son Jerry and daughters Laurie and Sandy carried on the CN torch during the summer months while attending University and pursuing their careers in education.

Congratulations to the Sodomlak / Gendron Family in the naming of Gendron Way in East Transcona in memory of Lewis Erwin Gendron! He was indeed a well known, valued and respected member of the community!



Sodomlak Family ribbon cutting:
From left to right:

Janet Wilgosh, Sandra Woehrle,
Jerry Sodomlak, Jean Sodomlak,
Barb Eori and Laurie Sodomlak





The 2023 CNPA Scholarship and Bursary Programs Opened April 15th. All applications must be received by August 15th.

National Council Scholarship Program 2023

This year's programs open April 15th. All applications must be received by August 15th by email. Five awards of \$1,500 each is available to children and grandchildren of contributing members, in good standing and in receipt of a CN Pension, for the Prairie region.

To access this year's application, terms and conditions or for more information, visit the National website at www.cnpensioners.org and click on the Scholarships tab OR visit the CNPA Manitoba website at www.cnpensioners.ca and click on the Scholarship tab.

Manitoba Harvey Hosfield Bursaries and Trade & Techology Bursary 2023

For information about the CNPA MANITOBA Program, please visit www.cnpensioners.ca Five Bursaries of \$1,500 each will be available to children and grandchildren attending university in the fall school year in 2023. One Trade bursary (\$1,500) will be available for the 2023 school year. We are pleased to advise that we have increased the number of Harvey Hosfield bursaries from 3 to 5 (for this year only) for the 2023 school year.

Children and grandchildren of contributing members are eligible to apply to **both** National and Manitoba local programs. Remind your relatives that they can apply to both programs as long as they weren't winners of these programs in previous years. Children and grandchildren of our Manitoba **Associate members** may apply to our Manitoba Harvey Hosfield Bursary programs only.

Johnson Insurance Scholarship

There are 50 scholarships valued at \$1,000.00 each available to students entering post secondary institutions in the fall. Visit: www.johnson.ca/scholarship for eligibility criteria.



Barrie Council, of the CNPA, in conjunction with Pinnacle Awards Canada (owned and operated by Michael Poirier, a VIA locomotive engineman and social member of the Barrie Council) have designed and produced a selection of watches specifically and exclusively for members of the CN Pensioners Association. Purchase is restricted to 'paid members' of the CNPA.

There are three dial face choices (as shown) and they are available in both silver and gold cases. These watches are of Swiss quality and meet the standards for railway grade use.

The cost is \$125.00 (includes tax & shipping in Canada).

They can be purchased by contacting Robert Haggart of the Barrie Council:

Email - rhag@rogers.com

Phone - (416) 294-4676.

Payment using 'E-Transfer' is preferred but can be discussed.



We continue to try and engage CN on the topic of re-establishing access to the CN Fitness Centers across the system for our members. They are currently available only to active CN employees due to their enhanced cleaning protocols. Once we get word that our access has been re-established we will be sure to provide that advice to all members, through the various social media points as well as newsletters. We can't provide any specific timeline for that as it is completely within CN's control.

Primary Caregiver Tax Credit (MANITOBA RESIDENTS) <https://www.gov.mb.ca/finance/tao>

The Primary Caregiver Tax Credit provides recognition and financial support to individuals who serve as primary caregivers for more than 90 days. This program builds upon regional home care services and is intended to help care recipients remain independent as long as possible. Care recipients may have cognitive, physical or behavioral barriers. Therefore, they require assistance in completing personal care and home making activities and in using community resources so that they can remain in the community longer.

The primary caregiver may be a spouse, other relative, neighbour, or friend who provides care without remuneration. The individual must be assessed as requiring Care Levels 2, 3, or 4 while living at home. Examples include those with a disability, people with life threatening illnesses and others needing care and supervision for periods of more than 90 days.

NEW:

1. As of the 2018 tax year, an individual tax filer may claim a flat tax credit of \$1,400 per year for providing the unpaid care.
2. Manitoba caregivers may substantiate their self-assessed eligibility by completing a Registration Form, sending a copy to the Manitoba Tax Assistance Office, and making a claim on their personal income tax return (MB479).
3. It is recommended that tax filers retain original copies of all relevant documentation in case it is needed by Manitoba Finance or the Canada revenue Agency to verify or substantiate a tax credit claim.
4. This credit is refundable and not income tested. This means you can claim it even if you do not have taxable income. The credit may defray your caregiver expenses such as shopping, transport, outings and respite.

Who is Eligible

The care recipient must:

- be a resident of Manitoba;
- reside in an area under the jurisdiction of a Regional Health Authority;
- reside in a private residence (e.g., not a group home, foster home, hospital, or personal care home, in supportive housing, or on a reserve);
- assessed as having care level requirements equivalent to level 2 or higher (see Registration Form); and
- designate only one primary caregiver to claim this credit.

The primary caregiver must:

- be a resident of Manitoba;
- provide caregiving for longer than 90 days;
- personally provide care or supervision to the care recipient without reward or compensation of any kind; and
- not be the spouse or common-law partner of a person who receives compensation or reward for providing care to a qualified care recipient.

INSTRUCTIONS FOR COMPLETING THE REGISTRATION FORM:

Download the **Registration Form**.

1. Submit a copy of the registration form to the Manitoba Tax Assistance Office.

Mail:	Manitoba Tax Assistance Office	Phone:	204-948-2115
	110A – 401 York Avenue	Toll free:	1-800-782-0771
	Winnipeg, MB R3C 0P8	Email:	TAO@gov.mb.ca

2. Claim the Primary Care Giver Tax Credit on your personal income tax return beginning in the year of registration.
3. Keep original copies of all relevant documentation in case it is requested by Manitoba Finance or the Canada Revenue Agency to substantiate your tax credit claim

Additional Information:

If caregiving continues from year to year without interruption, the initial 90-day qualification requirement is not repeated. A change in the primary caregiver designated by a care recipient requires a new Registration Form and a 90-day qualification period by the new caregiver. Caregivers do not have to submit new registrations forms for subsequent years. Caregivers who receive Employment and Income Assistance (EIA) are eligible to claim the full credit without reduction.

For further information, download the [Information for Taxfilers](#) (PDF), or contact the Manitoba Tax Assistance Office at 204-948-2115, Toll Free: 1-800-782-0771, or by e-mail at TAO@gov.mb.ca

CN Railroaders in the Community

Working around the 'cluck' for his community Dan McClory



*CN pensioner **Dan McClory** (right) and his wife Lenay Gutoski help to organize and run Chickendaze, a summer festival in Oakbank, MB, that raises funds for the local community. Seen here with their dog, Bella, in front of the intermodal container CN donated to store festival equipment.*

Dan worked for CN for 32 years before retiring in 2018 as an Electronic Technician at the Winnipeg Electronic Repair Centre. "I was a bench tech in Signals & Communications repairing radios and such," explains Dan. "For the first eight years of my career, I worked on the CN15006 Engineering TEST car and travelled every mile of CN's network from coast to coast."

Dan lives just outside of Winnipeg in the small town of Oakbank. In 2010, a group of volunteers, including Dan and his wife Lenay Gutoski, revived the town's summer festival, which is now known as Chickendaze. "Lenay is currently president of the executive," says Dan, "and I help out wherever and however I can. Some might call me the gofer!"

The festival, which will be held on June 9 - 11, 2023, has a parade, rides, ball tournaments, and daily live entertainment for both children and adults. But the undisputed star of the fair is the all-mighty chicken.

There are chicken races, chicken wing eating contests,

even a chicken mascot. "It's all in good fun," explains Dan. "Through the hard work of many volunteers, we raise tens of thousands of dollars each year for local community organizations like the rec center and scholarships for high school students." Check their website at www.chickendaze.ca for further details.

CN donated a 53-foot intermodal container to the cause to store various items like audio equipment when not in use during the Chickendaze festival. "This year marked 12 great years for Chickendaze," jokes Dan. "It 'dozen' get any better than that!"

****Note:** Lenay Gutoski was just recently awarded the "Outstanding Volunteer of the Year" award by the Chamber of Commerce for the RM of Springfield.

*Do you volunteer in your community? If so, join the **CN Railroaders in the Community** program and CN will donate \$15 for every hour you volunteer at an eligible organization.*

CN Railroaders in the Community

Congratulations to the following:

Jack Moore - applied for and received a \$1624.50 grant for the Transcona Museum.

Do you volunteer for a registered charity in your community? Are you wondering why you haven't seen your name mentioned in any articles about your volunteer activities and participation in CN's Railroaders In The Community Program? The reason is because **CN does not provide us with that information.** Therefore, in order for you to be acknowledged in our newsletter, please send your information to Tim McCrindle (tc2mccrindle@gmail.com) and tell us about your volunteer activities and charity.



Tick Season 2023 is Here - Be Tick Smart!

What is Lyme Disease? Lyme Disease and other tick-borne illnesses are infections by disease-causing pathogens such as viruses, parasites, and bacteria that are contracted through the bite of an infected **black legged tick (also known as a deer tick)**. Lyme can be transmitted by other ticks as well, although this is less common. In some Provinces other tick-borne illnesses are also reportable such as in Manitoba:

- ◇ Borreliosis (Lyme) - *first reportable 2009*
- ◇ Anaplasmosis – *first reportable 2015*
- ◇ Babesiosis – *first reportable 2015*

Emerging & Other Tick-borne Infections

- ◇ Borrellia Miyamotoi – this Borrelia strain typically does not produce an EM rash and can be transmitted by larval black-legged ticks which are typically active from late spring through to late summer, peaking in August.
- ◇ Deer Tick Virus (Powassan Virus). Although transmission time is not 100% clear for any tick-borne infection, this virus can be transmitted in a little as 15 minutes after attachment.
- ◇ Other strains of Borrelia

Prevention:

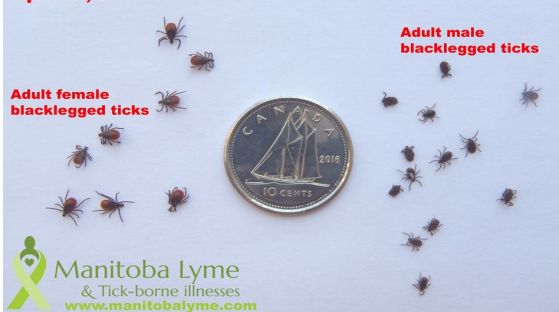
- Walk in the center of a trail; avoid leaf litter and long grass
- Wear light colored clothing, long pants and tuck them in your socks
- Wear bug repellent containing at least 20% DEET
- Shower or bathe after being outdoors
- Do a proper full body tick check (eg: hair, scalp, ears, armpits, waist, groin, bellybutton, behind the knee)
- Don't forget to check your clothes and your pets for ticks

How to Remove a Tick:

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Save the tick in a sealed tight container with a damp cotton ball so it can be identified and available for future testing.
- Never crush a tick with your fingers. Disinfect your tweezers!!
- With tick removal the head may get stuck, remove as you would with a splinter or sliver. Remove with a sterilized needle or tweezers. Wet the bite spot first. If the head of the tick remains inside, the salivary glands may still be there so risk of contamination. ***If you can't get it out, go to your doctor or a Walk-in Clinic.***
- Do not use other methods as they might irritate the tick thus increasing the chances that the tick might produce extra saliva and then vomits its stomach into you.

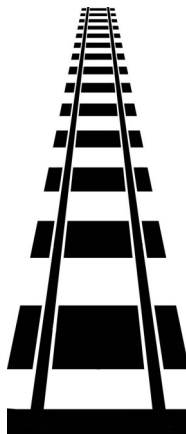
For more information on symptoms, diagnosis and treatment, visit www.manitobalyme.org . Remember that early diagnosis and treatment of Lyme and other vector borne diseases will result in a better outcome.

**Blacklegged ticks collected from Seine River Greenway
Winnipeg, Manitoba
April 21, 2017**





Life brought back to Winnipeg Railway Museum as plans to reopen are in the works.



The Winnipeg Railway Museum has new life. After being told it had to move or close in 2021 due to building code issues triggered by a renovation, plans to reopen the museum are now full steam ahead.

The Winnipeg Railway Museum has signed a new 25-year lease to stay at Union Station. The lease was signed in November 2022 with its landlord, Via Rail. As long as it tends to fire code issues in the 1911 building, it will remain.

The museum has been operating virtually since its closure on a redesigned website; <https://wpgrailwaymuseum.com/exhibits>

The Midwestern Rail Association, which owns the museum, is hoping to use the new lease to secure major grants and improve the overall quality of the museum.

"I'm afraid to say that one of the things that we've suffered from is that for the longest time we've been a collection of things that you can point at. And that's just not good enough when you look at today's museums," said the public relations director with the museum.

"So nowadays, we can start building proper exhibits and tell the people of Winnipeg just how important the railway really is." Despite the good news, the museum isn't completely out of the woods just yet when it comes to staying permanently at the Union Station location.

Winnipeg Transit has voiced plans in the past to convert part of the station into a rapid-transit route, which would utilize the tracks which currently house the museum.

For now, the museum is focusing on getting back up and running and hopes to finish repair work and reopen by late 2024 or early 2025.

Trivia Answers (from page 8)

- | | | |
|--------------------------|-------------------|------------------------|
| 1. Cirque du Soleil | 8. Fort Vancouver | 15. Piano |
| 2. Vancouver Canucks | 9. Canada | 16. Chinese (Mandarin) |
| 3. Trillium | 10. Curling | 17. Summer Solstice |
| 4. Labrador | 11. Alaska | 18. Dominion Day |
| 5. Banff | 12. Elon Musk | 19. China |
| 6. Calgary and Vancouver | 13. Scotland | 20. The Globe and Mail |
| 7. Newfoundland | 14. Hoodie | |



We are always looking for interesting stories about our CNPA of Manitoba members. If you want to let your former co-workers know what you are up to after retiring, let us help tell your story.

You can submit stories and photos to:

Tim McCrindle
CNPA Publicity Chair
tc2mccrindle@gmail.com

**ROCKY MOUNTAINEER®*****Rocky Mountaineer CN Retiree Discounts***

Rocky Mountaineer is pleased to offer their rail partners reduced rate options. These options are offered when space allows, as they feel it is important for you to personally experience their trains and their amenities.

Bookings are subject to the regular Rocky Mountaineer Terms and Conditions, including cancellation policy. You can view their website, including their terms and conditions, at <https://www.rockymountaineer.com/terms-conditions>

This reduced rate program is made available to CN Employees, and CNPA contributing members, and bookings must be paid for immediately by credit card.

The reduced rate is valid for the Rail Employee/CNPA contributing member and one travel companion.

All reduced rate requests are subject to the following terms and conditions: Reduced rate space is capacity controlled and may be withdrawn at any time with, or without, notice. Rocky Mountaineer reserves the right to add, change or modify reduced rate conditions at any time, without notification. Other restrictions apply. Confirmed bookings are not subject to the cancellation under this provision.

**Rocky Mountaineer is pleased to offer reduced rates for the 2023 season
For Travel on Select Dates through October 2023**

Vacation Packages	20% discount off the full retail rate
Two & Three-Day Rail – SilverLeaf or GoldLeaf Service*	50% discount off the full retail rate when booked less than 45 days to departure
Two & Three-Day Rail – SilverLeaf or GoldLeaf Service*	20% discount off the full retail rate when booked more than 45 days to departure

*Overnight accommodation in Kamloops or Glenwood Springs included; one night in Quesnel and Whistler for Rainforest to Gold Rush journeys. Discount is not applicable to SilverLeaf Plus on the Rockies to the Red Rocks route.

Discounted reservations cannot be combined with any other promotional discounts.

To view our most up to date health and safety protocols, including COVID-19 protocols, please visit www.RockyMountaineer.com/onboard-experience/health-safety

To book, contact their Vacation Consultants at the numbers below. You will be required to fax or email proof of your CNPA membership prior to the discount being applied to your reservation. They have been provided a copy of our CNPA membership card as the only standard of proof that will be accepted for this purpose.

Toll-Free USA & Canada: 1.800.665.7245

Email: reservations@rockymountaineer.com

Hours of Operation: Sunday 08:00–22:00 PT, Monday to Thursday 06:00–22:00 PT,
Friday 06:00–18:00 PT, Saturday 08:00–16:00 PT

Visit our website often at www.cn pensioners.ca to view our newsletters or our Facebook page www.facebook.com/cnpensionersmanitoba for updates and announcements.

**CN PENSIONERS
ASSOCIATION OF
MANITOBA**

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We're on the web -
www.cnpensioners.ca

We're on Facebook -
[www.facebook.com/
cnpensionersmanitoba](https://www.facebook.com/cnpensionersmanitoba)

Frequently Called Numbers

The CN Pension & Benefits Help Line 1-800-361-0739.

Always have your PIN to better identify you when making inquiries.

If you move, advise the above number.

If you are married at the time of retirement, make sure that CN has your spouse's name on file.

Changing banks, with direct deposit, never close your old account until the cheque shows up in the new account.

Change of Address	1-800-361-0739
Canada Pension & Old Age Security	1-800-277-9914
Canada Custom & Revenue Service	1-800-959-8281
Medavie Blue Cross	1-800-667-4511
Health Links/Info Santé	204-788-8200
	or 1-888-315-9257
CN Police	1-800-465-9239, #3

Phone numbers for International Employees:

U. S. Railroad - Fargo	1-877-772-5772
U.S. Social Security - Grand Forks	1-888-617-0456

For quick access to the CN Pensioners Association of Manitoba:

CNPAMANITOBA@gmail.com

CN Boutique for CN Merchandise at: cnboutique.com

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